Depression Resource List for Teens

National Suicide Prevention Lifeline
The **National Suicide Prevention Lifeline** is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. You will be routed to the closest possible crisis center in your area. Your call is free and confidential. Even if you are not in a suicidal crisis, you can call the Lifeline if you just need to talk to someone who cares, are concerned about a friend, or need a referral to a mental health professional in your area. Call 988 at any time.

English Lifeline Number: 1 (800) 273-TALK (8255)
Spanish Language Lifeline Number/Para obtener asistencia en español durante las 24 horas, llame al: **1 (888) 628-9454**
www.suicidepreventionlifeline.org
For information in Spanish/Para información en español:
www.suicidepreventionlifeline.org/Spanish/Default.aspx
More than Sad: Teen Depression (AFSP film website)
Access to information on recognition and treatment of depression; fact sheet and resource list for teens.
www.morethansad.org

Mental Health America (MHA)
Website provides information on how to recognize symptoms of depression, how you can help yourself or a friend, types of treatment and warning signs of suicide.
www.mentalhealthamerica.net Health Info Mental Health Info Search by IssueDepression Depression in Teens

National Alliance on Mental Illness (NAMI)
Website hosts a discussion group for teens who have been diagnosed with a mental illness, like depression, and want to connect with other teens who can relate to what they're going through.
www.nami.org Find Support Child & Teen Support Discussion Groups Teen Consumers

HelpGuide.org
Website contains information on symptoms, how to help a depressed friend, and how to talk to your parents about depression. Also includes links to other helpful resources.
www.helpguide.org DepressionTeenagers (For Teens)

KidsHealth.org
Website is a good source of understandable, accurate explanations of the factors that contribute to depression.
www.kidshealth.org Teens Site Your Mind Mental Health Depression

Depression and Bipolar Support Alliance (DBSA)
Link to a brochure available in HTML or PDF format that helps you figure out the differences between a sad mood and depression. Also provides a workbook that you can fill in to help you better understand how to manage your depression and track your progress throughout treatment.
www.dbsalliance.org Learn about mood disordersPublications Brochures "Is It Just a Mood...or Something Else? Mood Disorders for Young People"